

SEDGWICK COUNTY, KANSAS
COMMUNICATIONS

NEWS

CONTACT: SEDGWICK COUNTY COMMUNICATIONS 316-660-9370 FAX: 316-383-7509

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Contact: Kristi Zukovich
(316) 660-9370

FOR IMMEDIATE RELEASE

COMCARE of Sedgwick County to Offer Free, Confidential Screenings

(Sedgwick County, Kansas) - Anxiety disorders are the most common form of mental illness in America. Left untreated, these disorders can dramatically reduce productivity, diminish quality of life and even lead to suicide. On Wednesday, May 1, COMCARE of Sedgwick County Outpatient Services will join "Freedom From Fear," the National Mental Health Association, and other local and national organizations to educate the public about anxiety disorders and offer confidential screenings free of charge.

"Anxiety disorders strike more than 19 million Americans each year," says Judy Addison, Director of Outpatient and Addiction Services. "The good news is that once anxiety disorders are identified, they are treatable."

Anxiety and fear are a normal part of life. But when these feelings become overwhelming, it may mean a person is experiencing an anxiety disorder. Symptoms vary widely and include excessive worry or fear, panic attacks, heart palpitations, obsessive or ritualistic behaviors, phobias, sleep difficulties and poor concentration.

COMCARE Outpatient Services will offer a free program and screening on Wednesday, May 1, 2002, at Towne West Square, 4600 W. Kellogg, (next to Mastercuts in the Northwest Dillards Court) from 10 am to 7 pm. The program includes viewing a video, receiving information about anxiety disorders and depression, completing a screening questionnaire and meeting with a mental health professional.

Examples of anxiety disorders include generalized anxiety disorder, panic disorder, obsessive-compulsive disorder, post-traumatic stress disorder and phobias.

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Anxiety Disorders Screening Day is a national event designed to reduce the stigma associated with anxiety disorders, and encourage diagnosis and treatment, when appropriate. To learn more, contact COMCARE Outpatient Services at 316-832-0318.

COMCARE is the Community Mental Health Center for Sedgwick County, providing comprehensive mental health and substance abuse services to children, adolescents and adults.

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